

## Claims

I claim:

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1. A medicinal composition comprising:

- a. A major amount of a dilute aqueous solution of a naturally occurring organic acid;
- b. An amount of a group I metal carbonate sufficient to react with 5%-50% of said acid, thereby producing a buffered solution; and,
- c. A significant amount of wintergreen mint;

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and wherein all ingredients are present in the composition in amounts effective together to provide substantial relief of one or more symptoms selected from the group consisting of symptoms of: a common cold, sore throat, congestion, skin inflammation, skin rash, skin blisters, athlete's foot, mouth and throat blisters.

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2. A composition as claimed in claim 1, wherein the organic acid comprises acetic acid.

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3. A composition as claimed in claim 1, wherein the metal carbonate comprises sodium carbonate.

4. A composition as claimed in claim 1, wherein the organic acid solution comprises distilled white vinegar.

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5. A composition as claimed in claim 1, wherein the metal carbonate comprises baking soda.

6. A composition as claimed in claim 1, further comprising flavoring agents.

7. A composition as claimed in claim 1, wherein said composition is formulated into a form selected from the group consisting of lozenges, tablets, syrup, salve, and pills.
- 5 8. A composition as claimed in claim 1, further comprising a pharmaceutically acceptable carrier.
9. A medicinal composition comprising:
- 10 40-120 ml of vinegar, strength 3 - 10 %
- 5 – 100 g baking soda
- 5 – 50 g wintergreen mint
- 5-5000 mg gum acacia
- .5 – 5 g sweetener; and
- 15 .5-5 g artificial flavorings, wherein the base is water, and the ingredients listed are present in the composition in amounts effective together to provide substantial relief of one or more symptoms associated with soar throat when said composition is applied by spray to the throat at least 4 times daily until no longer needed.